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Last updated: 3/20/02

Birth Control Pill Hints

DON'T STOP THE PILL, if you have spotting, bleeding, or no period. **TAKE ONE PILL** at the same time EVERYDAY even during your period.

FIRST TIME ONLY: Start taking the pills on day "1" of your period or the 1st Sunday of your period. Count the first day that you bleed as day "1".

WHEN STARTING THE PILL use a back-up contraception method like condoms for 7 days.

IF YOU FORGET one pill, take it as soon as you remember. Then take the pill for that day at the regular time.

IF YOU FORGET two pills, take two pills for two days and use back-up contraception method like condoms for 7 days.

Call for questions or to make an appointment:

Your PAP/Annual is due: _____

Next Shot Due:

____/____/____ ____/____/____ ____/____/____

____/____/____ ____/____/____ ____/____/____

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CS 13.22.92, 450-0496 8/04

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